



APRIL 2016

COUNTY OF LOS ANGELES

John Wicker

Director, Department of Parks and Recreation

The Board of Supervisors unanimously approved the appointment of John Wicker as Director of the Department of Parks and Recreation effective March 29, 2016.

“I am very excited about this great opportunity. I have a very talented team of staff who are passionate about the services we provide and I feel honored to serve as their leader,” said Wicker.



Wicker, who earned a Bachelor of Arts degree in Applied Arts and Sciences in Recreation Administration from San Diego State University, has over 37 years of experience working for the department. He began his career with Los Angeles County and the department as a Lake Lifeguard at Santa Fe Dam Recreation Area in Irwindale in 1978, when the park initially opened. Since that time, he has worked in a number of areas and held various assignments including Regional Operations Manager and Deputy Director of the department’s South Agency from 1997 to 2005. He served as Chief Deputy Director since 2005 and Acting Director since October 1, 2015.

As Director, Wicker is responsible for the operation, management, and maintenance of 179 parks and facilities, including six major regional parks, more than 100 local and community regional parks, four arboreta and botanic gardens, 22 wildlife sanctuaries and natural areas, and 20 golf courses. In addition, the department is responsible for more than 200 miles of riding and hiking trails, the John Anson Ford Amphitheatre, and the world famous Hollywood Bowl.

The department has an annual operating budget of \$191 million, 1,600 dedicated employees, and more than 4,500 registered volunteers serving 20 million park visitors annually.



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Calendar of Events

Los Angeles County Museum of Art

(323) 857-6010

www.lacma.org

Through May 29 – Japanese Paintings: Figures from Life, Figures from Allegory

Through July 31 – Robert Mapplethorpe: The Perfect Medium

Through August 21 – Fashion in Menswear, 1715 - 2015

April 24 through September 11 – Agnes Martin

Center Theatre Group

(213) 628-2772

www.centertheatregroup.org

Ahmanson Theatre

May 14 through June 12 – La Boheme

May 14 through June 26 – Titanic The Musical

Kirk Douglas Theatre

April 24 through May 22 – Endgame

Mark Taper Forum

Through May 15 – Father Comes Home from the Wars

Dorothy Chandler Pavilion

June 17 through June 19 – Compagnie Kafig

July 8 through 10 – American Ballet Theatre

Grand Park

www.grandparkla.org

(213) 972-8080

April 30 – Ketchum-Downtown YMCA Healthy Kids Day

May 7 – Downtown Bookfest

Every Tuesday – Lunchtime Writers' Meetup

Every Tuesday, Wednesday and Friday – Lunchtime Food Trucks

Every Wednesday and Friday – Lunchtime Yoga Retreat

Every other Thursday – Lunchtime Concerts

Walt Disney Concert Hall

www.laphil.com

(323) 850-2000

April 29 and April 30 – Grieg with Thibaudet



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information on employment
opportunities with the
County of Los Angeles



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Submissions to the DIGEST may be
edited or otherwise altered for clarity.

Check out the DIGEST at

<http://hr.lacounty.gov/county-digest/>



by **Christopher Metchnikoff, M.D.**
Physician Specialist, Internal Medicine
Harbor-UCLA Medical Center

21 Reasons

*to See a Gynecologist Before Age 21
(and in the years ahead)*

According to the American College of Obstetricians and Gynecologists 2015 recommendations, although most young women don't need to have a pap test until they are 21-years-old, there are at least 21 reasons why you should see a gynecologist before age 21:

Health

1. Stay at a healthy body weight and feel good about your body.
2. Start good habits for healthy bones.
3. Learn if you have a urinary tract infection and get treatment if you do.
4. Get treatment for vaginal itching, discharge, or odor.

Periods

5. Learn if your periods are normal.
6. Get relief if your periods are painful.
7. Find out why your periods are too heavy.
8. Find out why your periods are too close or too far apart or why bleeding happens in between your periods.
9. Learn ways to deal with premenstrual syndrome (PMS) problems.

Sexuality and Relationships

10. Have safe and healthy relationships with a partner.
11. Know when a relationship is threatening or harmful.
12. Talk about lesbian, gay, bisexual, transgender, and queer/questioning (LGBTQ) topics.
13. Think things through before you have sex for the first time.
14. Learn about safe sex.

Pregnancy

15. Get birth control so you can choose to become pregnant when the time is right for you.
16. Plan ahead for a safe and healthy pregnancy.

17. Get tested for pregnancy.
18. Know what your options are if you become pregnant.

Sexually Transmitted Infections

19. Protect yourself from sexually transmitted infections (STIs) and human immunodeficiency virus (HIV) and take steps to lower your risk of becoming infected.
20. Get the human papillomavirus (HPV) vaccine.
21. Get tested for STIs and HIV if you are sexually active.

For information and assistance on how to find an Ob-Gyn, visit <http://www.acog.org/About-ACOG/Find-an-Ob-Gyn>.

Did You Know?

**Los Angeles County
is #39 on Forbes' 2016 list of
America's Best Employers**

#7 of California-based companies

#1 County government

hr.lacounty.gov

Thanks to the 108,093 awesome employees of Los Angeles County for making the County one of America's Best Employers.

Did You Know?

*April is
Alcohol Awareness Month*

If you or someone you know may have trouble with alcoholism, assistance is available through the Employee Assistance Program. You may call (213) 738-4200 or check out <http://ceo.lacounty.gov/EAP/default.htm>.

DHR's Wellness Corner

Bringing you inspiration from around the County



Alejandro Miranda (in bright yellow vest) and his crew.

Overcoming Diabetes

By Alejandro Miranda (Parks and Recreation)

According to the American Diabetes Association, diabetes affects 8.3% of the United States population, or approximately 27 million adults and children. The average cost per year for a diabetic person in the U.S. is over \$13,000. Multiplying that over a lifetime results in an unbelievable number! Controlling diabetes takes a physical and mental attitude change, and also knowledge and experience gained from my exceptional health care providers, including nutritionists, cardiologists, endocrinologists, and general medicine practitioners.

As an employee of the Department of Parks and Recreation, I achieved success by putting this knowledge and experience to use. It also gained a newfound fired-up mental attitude at work to do a great job every day. Thanks to my improved health!

Prior to joining the wellness program, I was going through an incredible amount of pain and fatigue with diabetes. I learned it was important to listen to my health care team and change my behaviors to healthier ones. I embarked on the journey to better health with vigor and dedication. By changing my eating habits and starting to exercise regularly, I was able to lose 140 pounds and free myself from the diabetes medication, metformin, by controlling glucose, eating healthier, and exercising regularly. I learned the healing power of nutrition found in certain foods, such as beans, oatmeal, legumes, avocado, fiber, chia seeds, cactus, and fruits. All prevent and regulate sugar levels. Remember that what you do not eat also helps control blood sugar and is just as important as the foods listed above. Keep fats at steady levels and not in excess and eat complex carbohydrates so that they break down over time.

I realized that what I have learned could help others and consider it a personal responsibility to create awareness about the danger and how to prevent this chronic disease. With the help of Jennifer Williams from our Human Resources Department, I have created a healthier wellness workforce by passing on my personal experiences and knowledge. She has been my advocate and coach. She pushed me to make lifestyle changes to lose weight such as eating fiber, chia, vegetables, and completely changing my dietary eating habits. I am now passing on this information to other employees by recommending easy access to healthy meals during our County snack program and mandatory meetings, and creating awareness on how important vegetables, healthy soups, and salads are at lunch time. I also provide information to children during an afterschool camp on healthy eating.

A successful wellness program like the one offered through the Department of Human Resources translates to a healthier and happier lifestyle. Thank you DHR!

Did You Know?

April is Child Abuse Prevention Month

*To report child abuse in L.A. County, California, contact the Child Protection Hotline
24 hours a day, 7 days a week.*

*Toll-free within California, phone (800) 540-4000.
If calling from outside California, phone (213) 639-4500.
TDD (Hearing Impaired), phone (800) 272-6699.*

Rideshare L.A. County!

from the CEO/Office of Workplace Programs

Interested in cycling or want to know why that bike is in your lane? Then a bicycle safety and education course may be exactly what you need. The County is offering 48 **free** one-hour Bicycle Safety and Education Courses to employees at various worksites. Co-sponsored by the Mobile Source Air Pollution Reduction Committee, these classes will cover everything you need to know about the rules of the road as they pertain to people on bicycles. Employees who RSVP and attend one of the 48 one-hour courses will receive a free bike light set and be automatically entered into a raffle to win a folding bike! For more information, contact your local Employee Transportation Coordinator or visit www.rideshare.lacounty.gov. Take pride. Share the ride.

'Operation Libraries' Arrives in Artesia

On April 13, 2016, construction officially began on a new Artesia Library when Supervisor Don Knabe and County Librarian Skye Patrick joined various members of the Artesia community at an official groundbreaking ceremony for the project.

"This is an exciting time to be at the helm of the County Public Library," said Patrick. "The Fourth District particularly is experiencing an unprecedented wave of capital construction, much of it thanks to Supervisor Knabe's \$45 million 'Operation Libraries' endeavor, which has made its way through South Whittier, Los Nietos, Lomita, La Mirada, Rowland Heights, Hacienda Heights, and now has arrived in Artesia."

The current 5,150-square-foot Artesia Library located on the northwest corner of the Artesia Park on Clarkdale Avenue is being replaced by a 10,000-square-foot facility situated on the northeast corner on Elaine Avenue. The total cost of the project is \$12.2 million.

When the new library opens in August 2017, Artesia Library patrons will enjoy a new Teen Area, an Adult Reading Area, a Children's Area and Family Place, and a Community Meeting Room. It will also include a Computer Area plus free WiFi for anyone with a County Public Library card.



Working for You

Department of Public Health

Each year, the County celebrates Public Health Week to recognize the Department of Public Health's efforts to protect health, prevent disease and injury, and promote the health and well-being of all County residents. During this year's celebration, April 4-10, 2016, with the theme of "Healthy People in Healthy Communities," Public Health is collaborating with the City of Los Angeles, the Departments of Human Resources, Animal Care and Control, and Parks and Recreation hosted events for County employees and Los Angeles County residents.

On Tuesday, April 5, 2016, from 10 a.m. to 3 p.m., the Departments of Human Resources and Public Health co-hosted the *Employee Public Health Expo* and the *Countywide Fitness Challenge Kick-Off* for County employees in Grand Park in Downtown Los Angeles. The event offered health assessments, free massages and prizes, pet adoption, and other activities.

On Saturday, April 9, 2016, the Departments of Public Health and Public Library invited all County residents to attend the County libraries in Bellflower, East Los Angeles, East Rancho Dominguez, Lancaster, Lawndale, West Covina, and West Hollywood to celebrate Public Health Week. The day included a book fair, health information about important health topics, nutrition, emergency preparedness, and much more.

To conclude the celebrations for National Public Health Week, the Departments of Animal Care and Control, Parks and Recreation, and Public Health hosted the 2nd Annual *Healthy Pet Expo* for dogs and cats at Whittier Narrows Recreation Park on Saturday, April 16, 2016, from 9 a.m. to 3 p.m. Recognizing that keeping pets healthy helps residents achieve optimal health for themselves, the event will include free and low-cost dog and cat vaccines, free spay and neutering, pet adoptions, and health and nutrition tips on how to keep your pet healthy.

The Department of Public Health encourages all of us to actively participate in creating healthy communities and the healthiest nation. To learn more about how you can kick start your health and promote healthy communities, please visit us online at www.publichealth.lacounty.gov.

LOS ANGELES COUNTY
Department of
PARKS AND RECREATION

AND

LOS ANGELES COUNTY
Supervisor
MICHAEL D. ANTONOVICH

INVITE YOU TO THE

ANTONOVICH TRAIL DUSTERS RIDE

BROWN'S CANYON

SUNDAY, MAY 15, 2016



• CHECK IN AND PANCAKE BREAKFAST 7:00 A.M.
• BARBECUE & LIVE COUNTRY WESTERN MUSIC

• EVENT KICK OFF AND TRAIL RIDE 9:00 A.M.
• \$30 PER PERSON (HORSE RENTAL NOT INCLUDED)

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ONLINE REGISTRATION AT [HTTP://RESERVATIONS.LACOUNTY.GOV/RESERVATIONS/PRODUCT.ASP](http://RESERVATIONS.LACOUNTY.GOV/RESERVATIONS/PRODUCT.ASP)

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SPECIAL RECOGNITION

EQUESTRIAN TRAILS, INC., CORRAL 54, CORRAL 21, CORRAL 22,
LOS ANGELES COUNTY SHERIFF, PARK'S BUREAU, AND FOREMOST COMPANIES

STAGING AREA:

BROWN'S CANYON: 12080 BROWNS CANYON RD, CHATSWORTH, CA 91311

Riding conditions: Combination of rolling hills, single file, water crossings, minimal steep and sloping hills. The ride is to be 3 1/2 hours with two rest stops.

NON-RIDERS ARE WELCOME. RIDERS UNDER 18 MUST BE ACCOMPANIED BY AN ADULT.

Pre-registration is a must. Reservation deadline by Friday, May 13, 2016

RESERVATION FORM

PLEASE MAKE CHECKS PAYABLE TO:
• County of Los Angeles Department of Parks & Recreation
FOR INFO CALL: Vincent Pedraza (909) 599-8411

MAIL RESERVATION FORM & PAYMENT TO:
Supervisor's Trail Ride, Department of Parks & Recreation,
120 E. Via Verde Road, San Dimas, CA 91773

Name:

Phone:

Address:

City:

No. of Tickets:

No. of Riders:

No. of Non Riders:

Total Enclosed:

Online Registration at <http://reservations.lacounty.gov/reservations/product.asp>



Share Your Heart Share Your Home

*Become a Foster/Adoptive Parent
Department of Children and Family Services*

Four times the fun, four times the laughter, and four times the hugs, all great things come in fours! This is especially true with this exceptional sibling set. With smiles that are contagious and a joy that is ever-present, these four kids just need one missing ingredient, a loving and committed forever family.

Meet Kimberly, Romeo, Elena, and Jacob. Kimberly, born in 2008, is a friendly and delightful little girl. She loves to read and play with her siblings. Kimberly excels in school in all academics, particularly reading and math. She is healthy and energetic. Romeo, also born in 2008, is a happy and healthy little boy. He enjoys playing with cars and trucks. Romeo has some challenges in reading and math but is showing improvement every day. Elena, born in 2010, is a cheerful and playful child. She enjoys playing “pretend cooking” and playing with dolls. Elena is learning to write the alphabet. She is doing very well in school and can write and spell her name. Jacob, born in 2012, is a loving and friendly little boy. He has been described as “a little man.” He loves to talk and asks many questions. Jacob enjoys playing with his big brother Romeo and looks up to him. All of the children enjoy being with each other. They would thrive in a loving and nurturing family who has room in their hearts and home for a large family.



Photo: Kendrick Brinson

Who's Who in the Animal Care Center: Registered Veterinary Technicians

Department of Animal Care and Control

Registered Veterinary Technicians (RVTs) are crucial for veterinary medicine, whether you are in the shelter or private practice. RVTs assist veterinarians with handling, drawing blood, taking radiographs, counseling clients, soothing patients, and aiding in triage. They are essential when it comes to practicing quality medicine and, in most cases, handle more animals than veterinarians.

There are many RVT schools throughout the country, five in L.A. County alone: Pierce College in Woodland Hills, Mt. SAC in Pomona, Cal Poly Pomona, Platt College in Alhambra, and Carrington College in Pomona. The RVT schooling accomplishes an Associate's degree in approximately 18 months to three years, depending on general education requirements and pre-requisites. Typical pre-requisites for most RVT colleges are a high school diploma and an entrance exam but may require passing various testing or general education classes.

To obtain an RVT license, classes need to be completed and you must pass a Veterinary Technician National

Examination and California RVT exam. Average salary for a licensed RVT is between \$15 and \$25 an hour. Emergency clinics, private veterinary practices, specialty practices, and L.A. County animal care centers are just a few job opportunities available for licensed RVTs.

In private practice, RVTs routinely assist veterinarians with triage, diagnostics, and treatments of the patients in their care. In a shelter setting, such as L.A. County animal care centers, the RVTs are responsible for treatments, monitoring of shelter animals, surgery induction and recovery, and triage of all animal intakes. There is a lot of animal handling but an RVT job is not simply about holding an animal. They play a vital role in the day to day operations in a veterinary clinic and an important part of a team that advocates for your pet's health. Becoming an RVT is difficult but knowing you aid in the health of the animals in your care can be very rewarding. For more information on becoming an RVT for L.A. County Animal Care and Control, please visit our website at www.animalcare.lacounty.gov.

Retirees

Congratulations to the following employees who are joining the ranks of the retired after their many years of service to the County of Los Angeles:

45+ Years

HEALTH SERVICES: Theresa Aleman, Laura Crowe, Gloria Stevens, Virginia M. Ybarra

PUBLIC SOCIAL SERVICES: Linda M. Brown, Audrey C. Jordan

SUPERIOR COURT: Raymond T. Clement, Phillip Rico

40+ Years

ANIMAL CARE & CONTROL: Gail A. Miley

AUDITOR-CONTROLLER: Sandra A. Warr-Fuston

CHIEF EXECUTIVE OFFICE: Chiu K. Lee, Richard Sanchez

CHILDREN & FAMILY SERVICES: Kathy D. Keys

HEALTH SERVICES: Alicia Berumen, Jose A. Betance, Lynn M. Davis, Doris M. Davis-Thomas, Julia M. Flynn, Leticia R. Garces, Peggy Matthews, Rose C. Mayfield, Alex Mc Ginnis, Christine M. Pepitone, Li-Chien S. Sun, Catherine Taylor, Teana M. Tillman, Rodolfo L. Tirona, Joan M. Williams, Jai J. Yang

INTERNAL SERVICES: Lourdes B. Campos, Yvonne Fong, Jenny S. Kim, Suzanne R. Todd

MENTAL HEALTH: Gloria Lara-Vasquez

PARKS & RECREATION: Frank Rivas

PROBATION: Eduardo L. Silva

PUBLIC HEALTH: Ann Baldi, Yolanda N. Luque, Susan P. Maki, Martha Maldonado, Esther G. Ramirez, Debra Stewart

PUBLIC SOCIAL SERVICES: Elaine Grim, Deborah Lockhart, Julie A. O'Brien, Eva G. Sanchez, Gail M. Washington

PUBLIC LIBRARY: Rebecca A. Garcia

PUBLIC WORKS: Patrick V. Dechellis, Wilford R. Thomas

SHERIFF: Potenciano L. Bustamante, Cresencio M. Deleon, Valentina Huicochea, Salvador G. Sandoval, Gilbert R. Trujillo

SUPERIOR COURT: Cheryl A. Allen, Damita J. Austin-Stanley, Sherrie J. Marsden, Carmen A. Meza

TREASURER & TAX COLLECTOR: Susan T. Lao

35+ Years

ASSESSOR: Anne Graas, Susie S. Popovici

AUDITOR-CONTROLLER: Donald Chadwick, Terry L. Tse-Hong

BEACHES & HARBORS: Charlotte F. Miyamoto

CHIEF EXECUTIVE OFFICE: Lai Y. Chiang

CHILDREN & FAMILY SERVICES: Bertha B. Dominguez, Wanda Evangelista, Dennis Y. Rachal, Pamela A. Wharry

CHILD SUPPORT SERVICES: Wayne D. Doss, Franceta D. Tyus

DISTRICT ATTORNEY: William J. Ryder, Hyman Sisman

FIRE: Donald A. Curtis, Steven H. Gamboa, Lucy Guadiana, Michael D. Jackson, John H. Mark, Lorraine Mendoza, Larry M. Saenz

HEALTH SERVICES: Loretta Allen, Martha Benzor, David J. Gutierrez, Ruth Hearvey, Elizabeth Hinton, Lucy E. Leyva, Meenal S. Patel, Leona Ramirez, Donald R. Winston

INTERNAL SERVICES: Alberto C. Cano, Lucy Green, Tung X. Nguyen, Ali R. Sheikhan

LACERA: Linda C. Martin

MENTAL HEALTH: Teresa C. Carter

PROBATION: Wylene Amos, Linda M. Burrola, Javier Delgado, Samuel R. Gonzales

PUBLIC HEALTH: Sandra Baker, Florence G. Castro, Letaun J. Cole-Cotton, Peter Kerndt, Joseph McCullough, Teresa Mestas, Jose A. Reynoso

PUBLIC SOCIAL SERVICES: Betty E. Bell, Leslie C. Clark, Tony R. Hacha, Que T. Ho, Hannah C. Kim, Marie J. Lumford, Leticia L. Nicolas, Deborah Roberts

PUBLIC WORKS: Arden P. Hughes, Vance K. Husbands, Chi B. Tran

REGISTRAR-RECORDER/COUNTY CLERK: Halimah N. Abdullah, Christine J. Joh

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SUPERIOR COURT: Dina N. Cheney, Annie Hang, Michelle D. Taylor

TREASURER & TAX COLLECTOR: Mark Oune

30+ Years

ANIMAL CARE & CONTROL: Darlene J. Holt

ASSESSOR: Homayoun Barar, Josefina N. Catoner, Frederick C. Chisholm, Carlos G. Prudente, Brenda L. Winston

CHIEF EXECUTIVE OFFICE: Jennifer A. Mangold

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SUPERIOR COURT: Margaret M. Allen

25+ Years

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ASSESSOR: Lori Hough, Clarinda Y. Sampson

BEACHES & HARBORS: Ignacio Martinez

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SUPERIOR COURT: Roames T. Lampe, Mila Meyerson

TREASURER & TAX COLLECTOR: Valentino B. Guerrero

WeTip

WELFARE FRAUD

1 (800) 87-FRAUD

LOS ANGELES COUNTY SUPERVISOR
MICHAEL D. ANTONOVICH

PRESENTS

★ 19TH ANNUAL SALUTE TO VETERANS AND THEIR FAMILIES

SATURDAY, MAY 28, 2016, 10:00 AM TO 2:00 PM

MEMORIAL DAY TRIBUTE AT 11:00 AM

- ★ VETERANS' BENEFITS, SERVICES
- ★ LIVE MUSIC; FOOD VENDORS; CHILDREN'S AREA
- ★ FREE HAIRCUTS; MANICURES; HEALTH SCREENINGS
- ★ VINTAGE AIRCRAFT FLYOVER AND SKYDIVERS
- ★ WALL OF REMEMBRANCE- BRING A VETERAN'S PHOTO TO DISPLAY
- ★ ARCADIA VIETNAM WAR MONUMENT DEDICATION AND FIELD OF HONOR DISPLAY
- ★ PET ADOPTIONS

FREE ADMISSION AND PARKING



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